



## **A HELMET MUST BE WORN CORRECTLY FOR THE BEST PROTECTION!**

- ⊖ **HELMET STRAPS SHOULD MEET IN A "V" UNDER EACH EAR**
- ⊖ **CHIN STRAP SHOULD BE SNUG AND COMFORTABLE UNDER THE CHIN: "ONE FINGER WIDTH" BETWEEN STRAP AND CHIN**
- ⊖ **WEAR HELMET LOW ON FOREHEAD NO MORE THAN "ONE TO TWO FINGER WIDTHS" ABOVE EYEBROWS**
- ⊖ **HELMET SHOULD NOT MOVE SIDE TO SIDE OR BACK AND FORTH**

**SAFE Rhode Island  
Injury Prevention Program  
Rhode Island Department of Health**